primary studies - published RCT

Benefits of an education programme on the self-management of aerosol and airway clearance treatments for children with cystic fibrosis.

Code: PM16509174 **Year:** 2006 **Date:** 2006 **Author:** Downs JA

Study design (if review, criteria of inclusion for studies)

Multi-centre parallel RCT

Participants

Children aged 6 - 11 years with CF and their primary caregivers. N = 65 recruited; randomised to the intervention group (n = 33) and a control group (n = 29).

Interventions

Investigating the effectiveness of a self-management education programme called 'Airways'. 2. Control - no treatment (n = 25). 1. 'Airways' - self management programme about aerosol and ACT treatments (20 min) (n = 26).

Outcome measures

1. baseline, post-intervention and 6- and 12-month follow-up time points. 2. caregiver self-management behaviour 3. responsiveness of ACT performance when child unwell 4. child knowledge of ACT 5. child's feelings about regular aerosol and ACT regimens 6. caregiver self-efficacy in managing aerosol and ACT regimens 7. adherence to aerosol and ACT regimens

Main results

The intervention group increased the percentage of prescribed aerosols taken (P

Authors' conclusions

The positive results suggest that 'Airways' is a valuable educational tool for primary school-aged children with CF and their caregiver.

http://dx.doi.org/10.1191/1479972306cd100oa

See also

Chron Respir Dis. 2006;3(1):19-27.

Keywords

Caregivers; Child; Inhalation OR nebulised; non pharmacological intervention - psyco-soc-edu-org; pharmacological_intervention; Self-Management; Behavioural interventions;